



**COTTAGE'S PILOT
EXERCISE PROGRAM
EXCLUSIVELY FOR CANCER
SURVIVORS.**

Cancer Phase III Exercise Program ~ Enriching Your Health.

Fight Fatigue and Find Your "NEW" Normal.

Cottage Cardiopulmonary Rehab Presents-
The WHOLE program- a pilot exercise program aimed at making
you feel better about yourself, your health and your life.

W ellness
H ealth
O ptimism
L ife
E xercise

Join us on Tuesdays and Thursdays from 3 - 4 pm in the 4th floor
Cardiac Exercise Lab. You'll find a whole new world of exercise
aimed at the cancer survivor.

A two month commitment is required. Reservations required

Call 345-4371.

**Featuring
Cancer Exercise
Specialists-
Bess Heck, R.N.
& Drew Boisen,
E.S.**

Call or Email for more
information:

Phone: 345-4371

Fax: 345-4487

E-mail:

bess_heck@chs.net

*Getting back to living
and enjoying your life !*